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OCCUPY VANCOUVER MOVEMENT MOBILIZES FOR INDEFINITE DEMONSTRATION {page 3}

ALEXA
'IT-GIRL' CHATS ABOUT MEANING OF THE LABEL {page 24}

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Man. In Motion

▶ Rick Hansen at BC Place in Vancouver yesterday, where he unveiled a global accessibility map that lets people rate the accessibility of buildings and public services across Canada and the world. Story, page 4.

PHYLICIA TORREVILLAS/METRO

Hansen launches accessibility map

Investigation of Pickton a 'failure': Lawyer

Inquiry commissioner hears killer should have been arrested years earlier

The accusations and finger pointing at the Missing Women Inquiry have begun.

During his opening remarks to Commissioner Wally Oppal, the lawyer representing disgraced ex-Vancouver police investigator Kim Rossmo said he plans to highlight senior management's negligence in the Robert Pickton investigation from 1997 to 2002.

"In my submission, the evidence will show … the police investigation as a whole was nothing short of an epic failure," said attorney Mark Skwarok.

According to Skwarok, senior VPD officials ignored Rossmo's early reports that a serial killer could be on the loose in the Downtown Eastside. Rossmo's superiors also blocked him from issuing a press release warning the public.

The fractious and strained conditions "prematurely ended (Rossmo's) 21-year career" in policing, Skwarok said.

Sean Hearn, representing the VPD, admitted that Pickton should have been arrested sooner.

"The Vancouver Police Department has expressed it could have, and should have, done better," he said, while extending an apology to the victims' families.

At the same time, he urged Oppal not to be biased by hindsight.

"During the investigation itself, the investigators stood at the surface of a flat landscape with hundreds of possibilities and little to guide them," he said. "The investigation was conducted by people, and even those with the best intentions and skills are not perfect."

Witness testimony at the inquiry is expected to begin today.

MATT KIELTYKA

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Infant's body found in river

A baby boy's body was found along the Fraser River between Richmond and Burnaby Tuesday night.

Sgt. Jennifer Pound said just after 10 p.m. RCMP received a call about a baby found in the Fraser River.

Witnesses initially thought the baby was a doll, Pound added.

IHIT, which has taken over the case, is appealing to the public for help.

"Our main priority is to concentrate on finding the mother of the baby," Pound said. "We need to ensure that her health and well-being have been looked after. We know that this is a most definitely traumatizing event for her.... She may require medical attention."

Pound added the baby appears to be newborn. An autopsy will be conducted today.

PHYLICIA TORREVILLAS

Man wrongly ID'd through social media

Police say people using social media have wrongly identified a suspect in the stabbing death of an 18-year-old boy in Surrey last weekend.

Sgt. Jennifer Pound of the Integrated Homicide Investigation Team says the man named on media sites in the killing of Jamie Kehoe began getting death threats and went to police, who have ruled him out as a suspect. She warns that uttering threats is a criminal offence and they could hurt the investigation.

THE CANADIAN PRESS

KATHY WILLENS/THE ASSOCIATED PRESS

▶ A young woman holds up a sign at the Occupy Wall Street headquarters at Zuccotti Park in New York on Tuesday. The protest is entering its fourth week.

Occupy movement a global awakening

- Protesters indefinitely occupying Vancouver Art Gallery, says organizer
- Labour federation joining protest, calling for good jobs and fair taxes

PHYLICIA TORREVILLAS
@METRONEWS.CA

The founder of Vancouver-based Adbusters, whose anti-consumerist magazine catalyzed the Occupy Wall Street demonstration, didn't expect the movement to spread like wildfire, says an Occupy Vancouver organizer.

New Westminster resident Min Reyes said she and other organizers met up with Adbusters founder and editor Kalle Lasn and said he realized that this isn't a one-shot deal anymore.

"I kind of sensed that (Lasn) was actually somewhat surprised by how fast and how big this grew out of a call of action they had," Reyes said. "I remember him saying that the time is right for this kind of movement, not to only take place in certain cities for local issues, but rather a global awakening where we need to figure out how to save our world from destruction."

Reyes added Vancouver's own Occupy movement, fashioned after New York's anti-Wall Street protest, has no specific demands, but is sure issues will form "organically" during the demonstration Saturday at the Vancouver Art Gallery.

"It is through the process of general assemblies where people will be able to identify common issues and be able to reach a consensus through open communication," she said, adding they will be indefinitely occupying the area.

The Downtown Business Improvement Association has warned store owners to prepare themselves for the protest, which is expected to attract more than 2,000 people. Reyes said there is no need to worry, but she can't guarantee what may or may not happen.

"The movement in its core is peaceful," she said. "It's not a protest, it's more of a gathering for people to talk and try and figure out how we can change our society. There are no guarantees because it's an open invitation to everybody to join us, but we do try to maintain a peaceful environment."

1 news

The unflappable Sugar Bear probably wasn't worried, but new food-marketing regulations in the U.S. will likely spare cartoon cereal mascots. Scan the code.

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Scientists have made a genetic breakthrough that would have come in very handy in the 14th century. Video at metronews.ca/video

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News in brief

Judge denies clarification

LABOUR. The B.C. Teachers' Federation has lost a bid to get a judge to clarify a ruling on contract talks with the provincial government.

In April, Justice Susan Griffin ruled the government violated teachers' rights nine years ago when it stripped the union of the right to bargain class size and composition. The union wanted her to provide more direction on her decision.

She has refused, saying it's not the role of the courts to give opinions on hypothetical situations.

THE CANADIAN PRESS

Inquiry will lead to changes

LAW. The British Columbia government says it will implement all of the recommendations from an inquiry into the death of an aboriginal man in Vancouver, including changing the way prosecutors assess criminal charges against police.

The inquiry looked into the case of Frank Paul, who was drunk and soaking wet when police dumped him in an alley where he froze to death 13 years ago.

THE CANADIAN PRESS

Assault rap for head stomp

LAW AND ORDER. The RCMP have recommended a charge of assault against a 15-year-old Kelowna lacrosse player after an alleged head-stomp incident in a game last summer.

During the game, the suspect allegedly cross-checked a player and stomped on his head.

CFJC

Hansen keeps on moving

- People with disabilities can rate accessible buildings around the world
- Canadian celebrating 25th anniversary of the Man in Motion tour

PHYLICIA TORREVILLAS
@METRONEWS.CA

The Rick Hansen Foundation hopes a new online tool will empower people with disabilities and encourage accessibility awareness around the world.

Rick Hansen unveiled a global accessibility map yesterday, which he says will hopefully level the playing field as people with disabilities can rate the accessibility of buildings and public services in communities across Canada and other countries.

The website offers the chance to submit and obtain reviews from a mobility, hearing and sight perspective.

"When a person has a disability, whether it's a visual, hearing or mobility challenge, you face struggles every single day," Hansen said. "One of the things you don't want to have to deal with is when you want to go somewhere to then have artificial barriers that limit you from being a full part of society."

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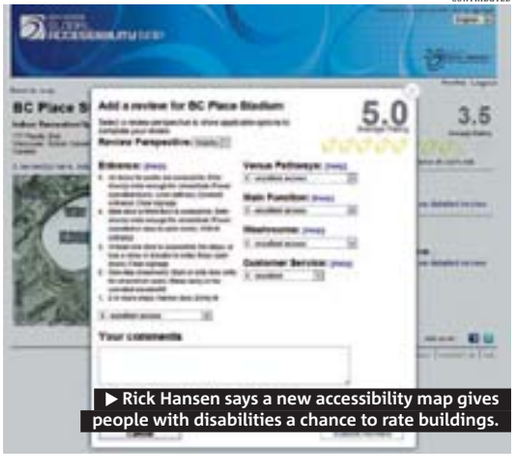

▶ Rick Hansen says a new accessibility map gives people with disabilities a chance to rate buildings.

Although accessibility for people with disabilities has come a long way, Hansen said there is still room for improvement.

Hansen hopes the website will be filled with personal ratings and comments so people with disabilities can have a common reference point when making decisions about accessible places to eat, work, study and play.

It will be helpful when people plan for vacations since they now have a way of knowing if their desired location has accessible buildings and services, he said.

Accessibility for all still has a long way to go, but Hansen said he hopes this tool will move society one step closer to realizing this dream. The map can be accessed at rickhansen.globalaccessibilitymap.com.

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Glitzy lineup for We Day

Music-sensation Hedley, award-winning actress Mia Farrow to speak

CHELSEA ALTICE
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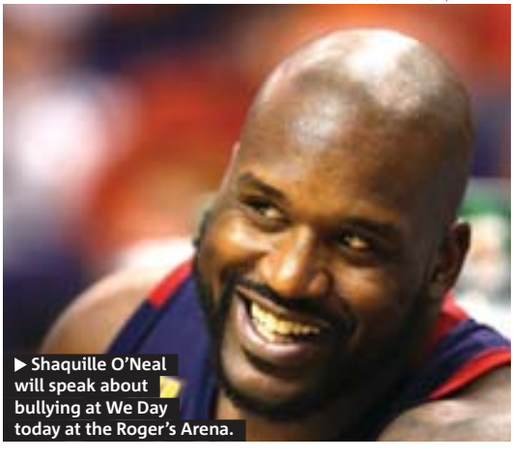

▶ Shaquille O'Neal will speak about bullying at We Day today at the Roger's Arena.

NBA all-star Shaquille O'Neal, Nobel peace laureate Mikhail Gorbachev and actress Mia Farrow will be among the celebrities speaking at We Day in Vancouver today.

The celebrity buzz around the annual event attests to the global success of its host organization, Free the Children. Past speakers in Vancouver have included the Dalai Lama and former U.S. vice-president Al Gore.

"They see there is tangible action," said Craig Kielburger, co-founder of Free the Children, about We Day's high-profile guests.

"But it's not only celebrities we want, they need to have a message."

Dave Rosin of Vancouver-band Hedley joined Free the Children two years ago in Africa. He was in India earlier this year to spread the We Day message that change is possible together.

"A couple of the tracks have taken on new meaning after taking a break from recording to visit our Free The Children family in India," Rosin said.

Rosin said Hedley is honoured to play at We Day and share their experiences from overseas, but added the real inspiration comes from the thousands of youth in the audience that want to change the world.

Likewise, MuchMusic VJ and co-host of Vancouver We Day Jesse Giddings became involved with the event to empower young people.

"In one day, youth are exposed to so many different causes and then offered opportunities to get involved with whatever they feel most passionate for."

He said complacency is the greatest challenge to students today with so many distractions demanding attention.

"We often miss what is happening in our community and around the globe, or feel that we can't possibly make a difference.

"But we can," said Giddings.

"When someone asks you to play in one of the biggest, loudest, positive-energy-fuelled youth-leadership rallies, you say yes in a hurry."
DAVE ROSIN, HEDLEY

"I will fight for every man, woman, child to have an education, clean water, health care and every opportunity that I was offered growing up whether here or overseas."
JESSE GIDDINGS, HOST

Big names

We Day speakers:

- **Mikhail Gorbachev.** Former Soviet president and Nobel peace laureate.
- **Mia Farrow.** Award-winning actress and activist.
- **Shaquille O'Neal.** NBA all-star.
- **Hedley.** Multi-platinum Juno- and MMVA-winning recording artists.
- **Holly Branson.** Daughter of Sir Richard Branson.
- **Down With Webster.** Juno-nominated, MMVA-winning Canadian band.
- **Liz Murray.** Inspirational speaker best known as having been homeless in her youth before graduating from Harvard.
- **FRESHH.** The 2011 Canadian National Hip Hop Champions & Hip Hop International Grand Finalists.
- **Jessi Cruickshank and Jesse Giddings.** Hosts.

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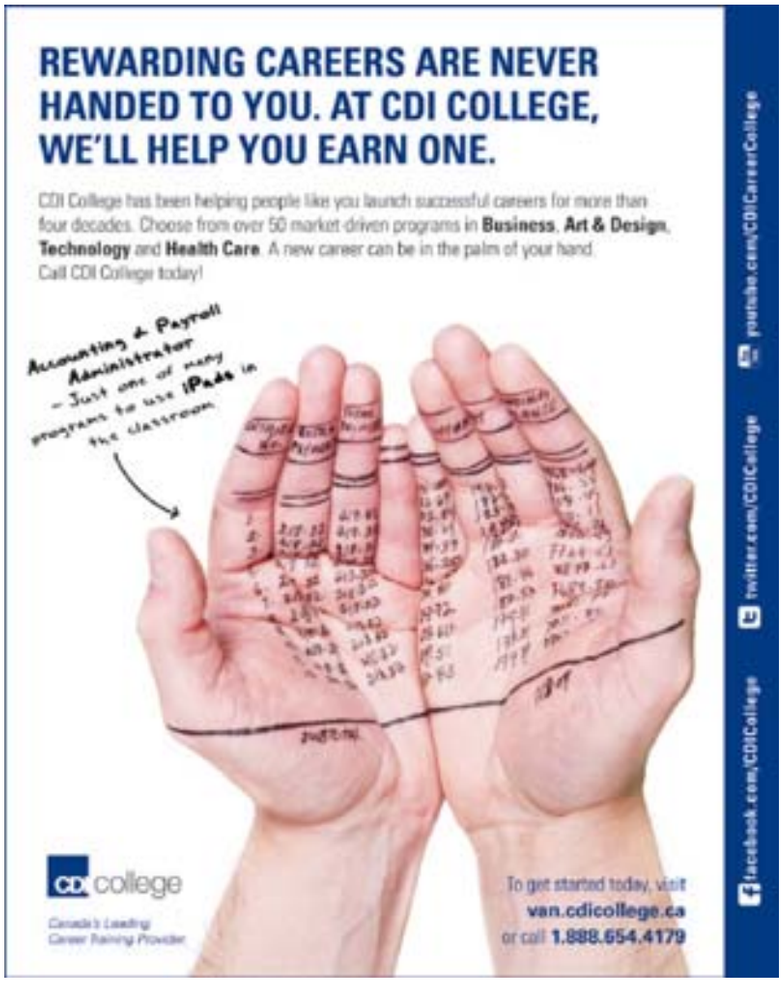
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- Proficient in Microsoft Office including PowerPoint, Excel, Word and Outlook.
- Proven track record in profitable selling.
- Creative, efficient, flexible, entrepreneurial, collaborative, detail oriented.

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 24, 2011. PLEASE QUOTE: "Advertising Sales Representative - Vancouver" in the subject line. All submissions will be treated as confidential.

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Exploring the art of the short film

No time to waste, plenty of time to experiment in short films

MATT KIELTYKA
@METRONEWS.CA

CONTRIBUTED

▶ A scene from Pedro Pires' Hope.

Don't be fooled by the runtime, short films give directors plenty of room to experiment and tell profound stories.

That was part of the attraction for Montreal filmmaker Pedro Pires — who has worked on such feature-length films as The Red Violin — when deciding to make his second short, Hope.

Based on a play of the same name, Hope takes viewers deep into the mind of a general during the final moments of his life.

Haunting and beautiful, Pires hopes the anguish of war — and society's endless ability to wage it — shines through in the 11 minutes of screen time.

"What I like about short films is that it's good (to) experiment with compared to a feature that has a lot of people in it," said Pires.

"This is just a small part of this general's life, his last moment, and you stay in that moment. You have to focus on him and his mind and thoughts."

Hope screens during the Vancouver International Film Festival's Air collection of short films today at 4 p.m. at the Pacific Cinematheque.

FORMER CHILD SOLDIER SHARES WE DAY MESSAGE

'I WANT TO END THE WAR'

60 seconds

ROBIN WONG/WE DAY

▶ Michel Chikwanine, a former child-soldier will speak at We Day in Vancouver today.

Metro chatted with former Congolese child-soldier Michel Chikwanine who will share his message with 18,000 youths today at We Day at Rogers Arena.

Why did you decide to become a motivational speaker?
It is important for people to know how does this war really affect lives, and I am putting a face to it.

I saw my mother get raped. I can't go to school and be quiet and keep letting that happen to other kids. I want to end the war. I want to make sure that women in the Congo are just as empowered to stand up like women in Canada.

My father left a legacy for me to continue, something that he could never truly achieve. He drew attention to the conflict and what was happening, but was killed for it. I've been given the opportunity to speak and to help people understand.

What is one of your main messages on We Day?
In the Congo, many of the parents look around in their communities and don't see teachers or schools.

There is no welfare or social structure and the only way they can see to build a better future for their children is to get involved in war. They steal from their neighbours, and that's why it's a cycle of revenge. Education gives community and parents that bit of hope for their children.

What are your future plans?
I want to start a soccer academy for child soldiers. They often end up on the streets without an education, and a soccer academy is a way to recruit kids, to get them an education and a career.

During the Congo war, there was a game with South Africa, and on that one day you did not hear a single gunshot — the sport stopped the war. That gives you an idea about how important and how big the sport is.

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Phone hacks in legal limbo

Hackers give consumers freedom to customize phones Illegal 'tweaks' fuel copyright questions

A community of phone hackers wants to help you break through the virtual fences erected by manufacturers like Apple around their devices to restrict the software those devices can run.

It's a trend known as "jailbreaking" and it allows users to change a device's operating system to run a variety of software and open up new functions. It also currently sits in a legal grey area, fuelling questions about consumer freedom and copyright.

The jailbreaking phenomenon is nowhere more common than with Apple's iPhone, which is set for an update this week with the long-awaited iPhone 4S. Phone hackers say they're ready with their own jailbreak to go along with it.

THE CANADIAN PRESS

Jailbreaking

- **There are hacks** available for several types of smartphones, including the iPhone and Google's Android operating system.
- **It typically involves** downloading free computer software, which then installs the hack onto the device.
- **Once broken, users can** tweak the look of their phones and run apps that aren't approved by phone manufacturers.

New Zealand. Shipwrecked

▶ Shipping containers float yesterday in the water around the cargo ship Rena, which has been foundering since it ran aground last week.

BLAIR HARKNES/MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Cargo ship spills more

The condition of the stricken cargo ship, which is leaking oil, worsened yesterday, with about 70 containers falling overboard.

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Do you know a notable? A young professional with enviable drive, ambition and entrepreneurial spirit?

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The program celebrates outstanding young professionals in 13 categories; one winner will also be named Young Professional of the Year.

To nominate a friend, a colleague or even yourself, log on to notable.ca/awards. But do it now — nominations close tomorrow.

METRO

Jets pride to be brewed as beer

Did you give your blessing to a giant keg of water in Winnipeg Sunday? Soon you'll be able to drink it.

Budweiser announced yesterday that giant "vessels" of water placed around Winnipeg Sunday will be turned into beer that will only be sold in Winnipeg.

Called Honour the Ice, the water vessels were strategically placed near the MTS Centre and other landmarks such as the Forks.

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Anaheim Family Special
Air + 4 Nights — from $319◊ + taxes & fees $94
INCLUDES accom near theme parks. Price per person based on family of 4. ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $198/adult, $175/child (ages 3-9).

Honolulu Air + 7 Nights — from $689 + taxes & fees $145
INCLUDES central accom near Waikiki Beach. ADD Paradise Cove luau from $99.

New Orleans Mardi Gras
Air + 4 Nights 4-Star — from $879 + taxes & fees $131
INCLUDES French Quarter accom during Mardi Gras.

Cruise & Stays

Seattle 2 Nights + 1-Night Cruise — from $379 + taxes & fees $56
INCLUDES 1-night cruise sailing from Vancouver to Seattle, 2 nights University district accom near downtown and transfer from Seattle to Vancouver.

Dubai
Air + 2 Nights + 7-Night Cruise — from $1465 + taxes & fees $584
INCLUDES roundtrip airfare to Dubai, 3 nights 4-star central accom near Jumeira Beach, restaurants and shopping, and 7-night cruise sailing roundtrip Dubai visiting Al Fujairah, Muscat and Abu Dhabi.

Vacations

Hong Kong
Air + 7 Nights 4-Star — from $989 + taxes & fees $355
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Kuala Lumpur
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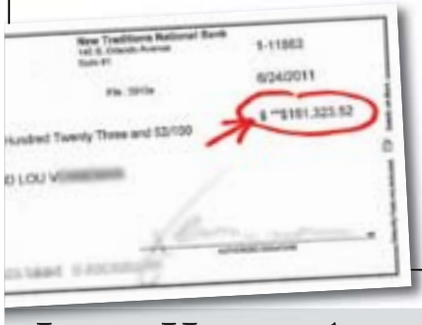

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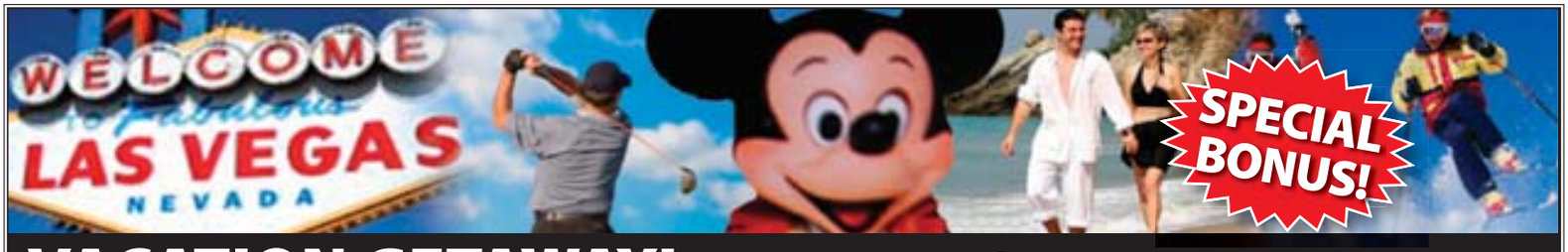

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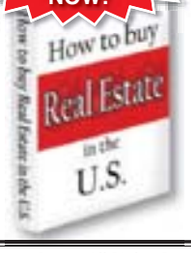

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English runner admits cheating

Sloan disqualified from marathon after taking bus to finish course Faces ban from future marathons

After crossing the finish line in third place and smashing his personal best, Rob Sloan celebrated and boasted how he'd just completed an "unbelievably tough" marathon.

It turns out that things weren't quite what they seemed.

Sloan, organizers say, had actually dropped out 32 kilometres into the race, hitched a ride on a spectator shuttle bus and emerged from the woods near the finish line to make the podium.

After initially describing claims that he cheated in Sunday's Kielder Marathon in the U.K. as "laughable," the 31-year-old former army mechanic admitted his transgression following an investigation.

"People in cars following the bus saw him get on and off. People saw him run through the bushes — we had him hook, line and sinker," said Dave Roberts, one of the marathon organizers. Sloan was stripped of his third-place result.

Fellow competitors and bosses of Sloan's running club, the Sunderland Harriers, criticized the runner for tainting an event labelled by organizers as "Britain's most beautiful marathon."

THE ASSOCIATED PRESS

Famous cheat

- One of the most famous cases of cheating in a marathon came at the Boston Marathon in 1980, where Rosie Ruiz was the first woman to cross the finish line but was disqualified when officials discovered she jumped into the race about 1.5 kilometres from the end.

Occupy. Philadelphia

▶ Protester John Leonard sleeps beneath a sheet of plastic on a fold-out couch outside city hall yesterday in Philadelphia.

MATT ROURKE/THE ASSOCIATED PRESS

Protests spread across Canada

A demonstration in Philadelphia is one of many being held across the United States recently in support of the ongoing Occupy Wall Street demonstration in New York. Similar protests are being planned in several cities across Canada for Saturday, including Vancouver.

Teen charged with manslaughter

Gatineau police have upgraded charges against a Pontiac, Que., teen to manslaughter after a man who tried to stop teens from stealing a pumpkin two weeks ago died.

Korey Perry, 19, was arrested yesterday and made a brief appearance in court. He was initially charged with assault causing bodily harm.

Police said a group of men tried to steal a pumpkin from the IGA on 203 Chemin d'Aylmer on Sept. 29 when Paul Hines, 57, intervened.

Hines was beaten and transported to hospital in critical condition with head injuries. He succumbed to his injuries in hospital last Thursday.

Perry's arrest was carried out at around the same time as Hines was laid to rest at St. Mark church.

Crown prosecutor Sylvain Petitclerc said the question of whether Perry should be detained in custody pending trial remains open.

Perry is set to appear in court at 9 a.m. today.

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ESHKEEL MEDIA GROUP/CARA HROMADA PHOTOGRAPHY/THE ASSOCIATED PRESS

▶ Comic book author Naif Al-Mutawa holds up a copy of his comic book, The 99.

Muslim hero on the way

Comic book creator launches Islam-inspired superhero series

Comic book fans might call it a great origin story: In the aftermath of 9-11, a Muslim man creates a comic book series, The 99, inspired by the principles of his faith. It builds a global audience and investors contribute millions for it to continue and expand.

In two vastly different cultures, Naif Al-Mutawa's tale hits a few roadblocks – "villains" if you will: Censorship from Saudi Arabia, home to the main Muslim holy sites; in the United States, a struggle to build an audience where free expression has been hampered by a post-9-11 rise in suspicion and scrutiny of all things Islamic.

The series is named for the 99 qualities the Qur'an attributes to God: strength, courage, wisdom and mercy among them.

Critics on both sides of the religious and cultural divide see subversion in Al-Mutawa's superheroes. Some hardline Muslims say the series subverts their faith by embodying the attributes in human characters, while a few non-Muslim American critics have labelled it sneaky means of Islamic indoctrination.

THE ASSOCIATED PRESS

ALLEGED BREAK-IN

Museum bandit a no-show

Authorities say a U.S. burglary suspect dubbed "Moss Man" failed to show up at his trial, and a warrant has been issued for his arrest.

Gregory Liascos of Portland, Ore., earned his moniker after police say he was arrested in full-body camouflage last October outside a museum. Police say the 36-year-old man had cut a hole in a museum wall and was trying to break in.

THE ASSOCIATED PRESS

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RYAN REMIORZ/THE CANADIAN PRESS

▶ Air Canada passengers wait to check in at Pierre Elliott Trudeau Airport in Montreal yesterday.

Flight attendants call off strike for now

Labour board to consider imposing a settlement or binding arbitration in Air Canada dispute

Air Canada passengers are breathing a sigh of relief that a day of uncertainty has ended with the blocking of a planned strike by flight attendants just hours before it was set to begin.

The Canadian Union of Public Employees, which represents 6,800 flight attendants, said it cancelled the strike after Labour Minister Lisa Raitt submitted two referrals to the Canada Industrial Relations Board at 2 p.m.

"One of the minister's letters concerns Section 87 of the Canada Labour Code, dealing with essential services to be maintained in the event of a strike or lockout.

The minister's intervention with the labour board, as it stands, postpones the calling of a strike until the question of essential services has been ruled on," the union said in a statement on its website.

"During all previous discussions and negotiations between Air Canada and its flight attendants, at no time did the employer make a formal request for the maintenance of 'essential services' in the event of a strike."

CIRB executive director Ginette Brazeau said the minister's action automatically suspends the workers' right to strike.

"The parties cannot resort to their right to strike or lockout until such time as the board disposes of this particular referral," Brazeau said in an interview.

While a legal strike is not permitted, workers could have gone on wildcat strikes. However, union leaders could have faced large fines. THE CANADIAN PRESS

Post workers taking Tories to court

Canada Post workers are taking the Harper government to court in a case that could test the Conservatives' aggressive stance on the rights of unionized labour.

The Canadian Union of Postal Workers is challenging the constitutionality of the law which forced its members back to work in June.

Close to 50,000 Canada Post workers were locked out by the Crown corporation in June after 12 days of rotating strikes by the union.

The majority Conservatives had cited the fragile economy when they decided to go ahead with a back-to-work bill, a move they've repeated in other labour disputes since.

But the union says such laws take away workers' rights.

The union has already challenged several elements of the legislation.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 154.4 (12,029.96)	+ 1.01¢ (98.3¢ US)

Oil	Natural gas 1,000 cu ft
+ $0.24 US ($85.57 US)	$3.489 (- $12.7¢)

Gold $1,682.60 (+ $21.60)

Message backlog causing problems worldwide: RIM

ADRIAN WYLD/THE CANADIAN PRESS

▶ A subscriber holds a BlackBerry in Ottawa yesterday.

Research In Motion's reputation for reliability took another bruising yesterday, as technical glitches affecting millions of BlackBerrys around the world spread to Canada, giving users another reason to switch to competitors.

The BlackBerry outage — the biggest in the company's history — even reached Prime Minister Stephen Harper's office.

Andrew MacDougall, spokesman for the prime minister, took to social networking site Twitter yesterday and tweeted: "Am being impacted by RIM/Berry service outage — please call if you need to reach me."

Outages for RIM's instant messaging service, email and browsing started at the beginning of the week in Europe and then spread to the Middle East, Africa and hit Canada yesterday.

The list of affected regions also included areas of South America, as well as Asian markets including Hong Kong, Japan, Singapore and India.

The problem began as a technical failure in Europe, but snowballed into a global problem, the Waterloo, Ont.-based company said.

RIM's chief technology officer David Yach said the company is working around the clock to send the undelivered messages, noting that the problem isn't related to a security breach. THE CANADIAN PRESS

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Bosnia	13.9 ¢/min	Italy	1.9 ¢/min	Sri Lanka	9.9 ¢/min
China	1.9 ¢/min	Lebanon	7.9 ¢/min	Trinidad	4.9 ¢/min
Colombia	from 3.9 ¢/min	Mexico	from 1.9 ¢/min	U.A.E.	14.9 ¢/min
Cuba	89.9 ¢/min	Pakistan	5.9 ¢/min	U.K.	2.9 ¢/min
El Salvador	9.9 ¢/min	Philippines	11.9 ¢/min	Vietnam	4.9 ¢/min
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TRAVELLING GETS THIS GUY FLUSHED

HE SAYS ...

JOHN MAZEROLLE
METRO

It says something about my lack of recent globetrotting that I'm really looking forward to discovering some strange bathrooms.

I'll explain that in a second, but let it be known I've been stuck on this continent for five long years. In my 20s I had extended stays in Austria, Zimbabwe and New Zealand, and I've been home so long that I actually miss feeling uncomfortable.

I miss culture shock, in other words, which usually goes something like this:

1) Fascination with the new culture: "Wow, they eat lizard eyeballs here!"

2) Feeling uncomfortable: "My eyeball smells funny."

3) Rejection: "Who wants my eyeball?"

4) Understanding: "Ohhh, my eyeball needs Tabasco!"

5) Embracing the new culture: "I love eyeballs! Satisfying! Now, what was it you wanted to tell me was just a joke?"

I need bizarre food. I need confusing customs. I need to guess whether the local barfly seems like a big weirdo because of cultural differences between us or because he is, in fact, a big weirdo. And, yes, as a "one world" sort, I miss being able to embrace the full diversity of the world's bathrooms.

"It's an eco-friendly country, so toilet-paper dispensers only allow you one square at a time, and the automatic hand dryers turn on for approximately three microseconds, give or take a picosecond. Also, the flush is so wimpy that you can disturb the bowl equally well by jumping up and down on the bathroom tile."

Here's a tour:

In New Zealand, the locals are very conservative — not in their politics, but in their generosity with toilet paper. It's an eco-friendly country, so toilet-paper dispensers only allow you one square at a time, and the automatic hand dryers turn on for approximately three microseconds, give or take a picosecond. Also, the flush is so wimpy that you can disturb the bowl equally well by jumping up and down on the bathroom tile. It's madness.

In Zimbabwe, by contrast, the flush is so powerful you have to grab hold of the doorknob first, lest you be caught in the maelstrom. Also, the public services aren't what they could be — the Murderous Despot Appropriation really cuts into public funds — so I would often open a bathroom door and watch as a wave of filthy water rushed toward me while I scrambled to escape, Indiana Jones-style.

In Vienna (motto: "Kultur aus der Wazoo") there are "water closets" that play operas and urinals that are sculptures — no kidding. The urinal cakes may in fact be delicious pastry, but I never tried.

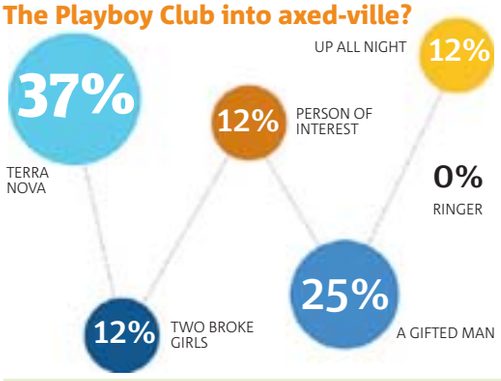
You can see how my boring old Canadian toilet isn't measuring up, no matter what Don Cherry thinks.

So, I'm now in the process of booking a one-month trek through Iceland, the Faroe Islands and Denmark. I'm hoping for interesting people, new food and plumbing to write about. Just thinking about it, I get a little flushed.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel
Register at metropolitanpanel.ca and take the quick poll

What new fall TV show should follow The Playboy Club into axed-ville?



Local tweets

- **@TSN quizmaster:** On tonight's quiz, we ask, "Is Vancouver the NHL's most hated team?" What do you think?
- **@ravenmist:** Epic Vancouver trip next month for Supernatural. This will be fun!!
- **@adriannacullen2:** Oh so very excited for #WeDay #Vancouver!! get #WeDay trending! #WeDay #WeDay #WeDay #WeDay #WeDay #WeDay #WeDay
- **@Udashen:** The two shows available on my hotel tv in Vancouver are "Kids in the Hall" and "SCTV". I love you Canada.
- **@BalletBC:** Excited for opening and the Vancouver premiere of Alberta Ballet's Love Lies Bleeding tomorrow night! #Vancouver #Elton #ballet
- **@winegumz:** It's funny because Jaromir Jagr is playing the Canucks tonight and it's not 1991.
- **@mozy19:** Whenever we play the Flyers I wonder where we may be if the #Canucks didn't match Kesler's offer sheet. Seemed absurd at the time. Not now.

Worth Mentioning

Scientists have cracked the genetic code of the Black Death, one of history's worst plagues, and found that its modern day bacterial descendants haven't changed much.

Luckily, we have.

The evolution of society and medicine and our own bodies has far outpaced the evolution of that deadly bacterium, scientists said.

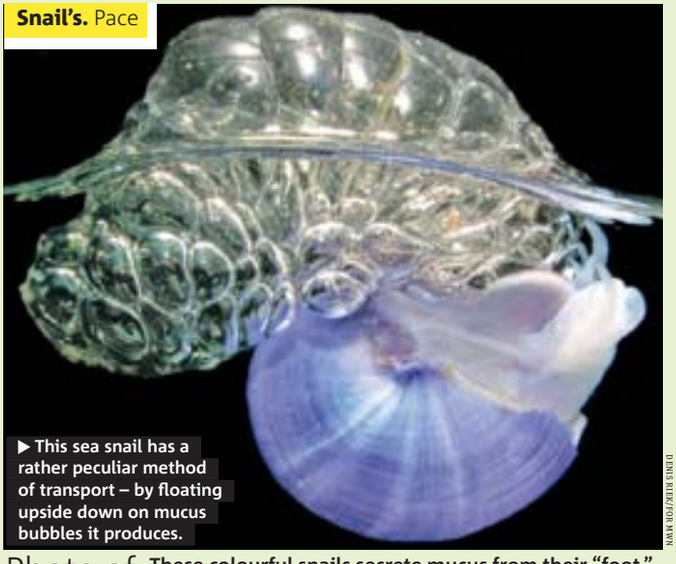
The 14th century bug is nearly identical to the modern-day version of the same germ. There are only a few dozen changes among the more than 4 million building blocks of DNA, according to the journal Nature.

What that shows is that the plague was deadly for reasons beyond its DNA, authors said.

In its day, the disease killed between 30 million and 50 million people — about one of every three Europeans. It came at the worst possible time — when the climate was suddenly getting colder, the world was in the midst of a long war and horrible famine, and people were moving into closer quarters, scientists say. And it was likely the first time the disease had struck humans, attacking people without any innate protection.

THE ASSOCIATED PRESS

Snail's. Pace



▶ This sea snail has a rather peculiar method of transport – by floating upside down on mucus bubbles it produces.

DENIS SIZEF/FOR MRN

Photo of the day

These colourful snails secrete mucus from their "foot," an organ at the base of their body. Instead of using slime to get around, they trap air inside fast-setting mucus to make bubbles that stick together and form rafts where they spend the rest of their lives.

WEIRD NEWS

It's like a deer in headlines

For the past week, a massive, short-tempered stag has been charging into British headlines, goring a man in the middle of a picnic and chasing one woman through the brush.

The stag's rampage has cast a shadow over Bushy Park, a quiet suburban expanse of tree-lined avenues and ponds some 21 kilometres southwest of central London.

"I've been in and out of the park for 20 years, and this is the first time I've heard of people being attacked in such quick succession," said Robert Piper, a sports and wildlife photographer whose dramatic shots of the angry deer have kept it in the headlines.

Bushy Park holds 320 deer, which roam freely across a 445-hectare area of meadows and forested areas.

They are generally gentle creatures — until fall's rutting season.

Park veteran Dick Hill, a 64-year-old retiree with binoculars dangling from his neck, says, "There have been quite a few of (the incidents) this year."

Hill said a shortage of female deer could be to blame for the aggressive behaviour.

London's feisty press have traced the path of the stag's rampage under articles bearing names such as "Stag Fright." THE ASSOCIATED PRESS

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New spin on an old yarn

Margaret Atwood's Penelopiad stays true to the story while expanding on The Odyssey

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

"I want to shake off the dust of this one-horse town. I want to explore the world. I want to watch TV in a different time zone. I want to visit strange, exotic malls. I'm sick of eating hoagies! I want a grinder, a sub, a foot-long hero! I want to LIVE, Marge! Won't you let me live? Won't you, please?"

It's not everyday the Arts Club stages a story influenced by the writings of Homer.

OK, so this one's got more Iliad than Idiot, but, as the above example from Mr. Simpson succinctly shows, The Odyssey is in the eye of the beholder.

Famous Canadian writer and outspoken library lover Margaret Atwood would have to agree, since she based her 2005 novella The Penelopiad on Homer's well-spun yarns.

Only Atwood's version is told from the perspective of Odysseus' wife, Penelope — perhaps fittingly described in the play's publicity as the original desperate housewife — as well as from the collective voice of the twelve maids — all of whom are hanged at the end of The Odyssey.

All are speaking freely from the Greek Underworld, or Hades, which, if you believe Greek mythology, had a ton of soul.

"Comparing Atwood's and Homer's versions of the story, you see a similarly rich and interesting character in Penelope."
VANESSA PORTEOUS

Atwood adapted her own work for the stage. Which brings us down a fairly straight road to the Arts Club production, directed by Vanessa Porteous, who says she was surprised at Atwood's subtlety.

"She didn't make a one-dimensional satire of Homer or anything like that," she says.

"Comparing Atwood's and Homer's versions of the story, you see a similarly rich and interesting character in Penelope, not the weak Penelope that came out in nineteenth-century interpretations of The Odyssey. Atwood isn't attempting to rewrite (the book), but to add to it … I think Homer would have a good time at the show."

Now that would be a trip.

The Penelopiad opens Oct. 20 and runs until Nov. 20 at the Arts Club's Stanley Industrial Alliance Stage.

Tickets are $29 to $63. More info at ArtsClub.com.

HANDOUT

▶ Clockwise from top: Meg Roe, Laara Sadiq, Ming Hudson, Rachel Aberle and Sarah Donald in the Arts Club Theatre Company's production of The Penelopiad.

2 scene

Auctioned off

A collection of American vintage guitars owned by actor Richard Gere has fetched nearly $1 million at auction in New York City. The top sale went to a 1960 solid-body Les Paul electric guitar by Gibson, which sold for more than $98,000.
THE ASSOCIATED PRESS

London Film Festival opens with Jude Law, Rachel Weisz in romantic roundtable 360

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‘About a cult’

Martha Marcy May Marlene delves into the world of manipulation Films stars Elizabeth Olson

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METRO WORLD NEWS IN HOLLYWOOD

Writer-director Sean Durkin’s first feature film, Martha Marcy May Marlene, deals with the trauma of life inside and after escaping a cult — though that word is never used in the film.

In fact, the film’s protagonist, Elizabeth Olson — turning in a striking, heartbreaking performance — doesn’t use very many words at all, which makes understanding why she’s so troubled that much harder for her sister (Sarah Paulson) and brother-in-law (Hugh Dancy). Told in a fractured chronology that highlights Martha’s growing paranoia, the film is both beautiful and unsettling. But more unsettling for Durkin was how easy it was to find former cult members to discuss their experiences while researching the project.

Bio

- Sean Durkin and his NYU classmates Josh Mond and Antonio Campos founded Borderline Films in 2005, and the three rotate the roles of writer, director and producer for their films.
- While Martha Marcy May Marlene is his first feature as a director, Durkin produced the company’s other features, including Afterschool and Simon Killer, which is currently in post-production.

Where did the idea for this movie start?

It started with just a very simple desire to maybe make a film about a cult. I felt like I hadn’t seen anything that was modern and naturalistic. I wanted to do something that showed a little bit more of the subtle manipulation. I started writing and I just started talking about it, and when you start talking about it, people are always like, “Oh my friend grew up in one. I’m sure he’d be happy to talk to you.” It’s amazing. I didn’t have to go out and search. It’s really common, which is very strange.

With the steps the cult leader (John Hawkes) takes to indoctrinate your heroine, it’s almost like a how-to guide.

It’s funny, these guys are all very generic. Like seriously, you read about them and they just all use the same tactics. The things that he does are just what these guys do over and over again. They just change their purpose.

The word “cult” never comes up in the movie.

We never used the word “cult” until after the movie was finished and we had to start talking about it, because there’s no other word to use.

But we never talked about it while we were there, when we were shooting.

With the actors, we never discussed it like that. “Cult” has got a lot of connotations that aren’t helpful when you’re making a movie about someone being manipulated into certain things.

I mean, no one in a cult ever talks about being in a cult or thinks they’re in a cult. They just think that what they’re doing is right and they’re doing what they believe in.

The title is a mouthful until you see the movie, and then it just rolls off the tongue.

Yeah, that seems to be a common response. I never wanted to call it anything else. I usually struggle with names of things that I do, but I came up with that the day I came up with the plot. And the name just popped into my head. I thought of Martha, and then Marcy May Marlene just flowed out after and that was it. At Sundance, the first couple big reviews to come out mentioned that once you see it, it’s easier — which was great to hear because it’s obviously a concern.

GETTY IMAGES

▶ From left, actresses Elizabeth Olsen, Sarah Paulson, director Sean Durkin and actor Hugh Dancy attend the Martha Marcy May Marlene premiere during the 2011 Toronto International Film Festival.

Captain Kirk is covering tunes

HANDOUT

▶ William Shatner

Shatner says he ‘was on dangerous ground’ with his new spoken-word album Seeking Major Tom

William Shatner has boldly ventured into a new space-themed project: a spoken-word, cover-tune album that the former Star Trek captain felt was a risk when he recorded it.

“It’s such a departure and it’s such a reinterpretation of some classics that I knew that I was on dangerous ground,” Shatner, 80, said during a recent telephone interview to promote Seeking Major Tom.

“For the longest time I didn’t know whether it was going to be accepted or not. It seems to be taking (off).”

Out this week as a two-disc CD version as well as a three-disc vinyl edition, Seeking Major Tom features Shatner’s trademark speak-sing interpretations of classic rock favourites and other space-themed songs. The first tune, Major Tom (Coming Home), begins with a blast: the sound of spacecraft lift-off followed by pulsating ’80s synth sounds and Shatner’s deadpan-to-dramatic delivery of the lyrics.

Guests

- Guest artists include Brad Paisley, Zakk Wylde, Sheryl Crow, Ritchie Blackmore, Lyle Lovett, Steve Miller and Peter Frampton. Also featured are members of the Strokes, the Kinks and Alice in Chains.

Other songs include Rocket Man, She Blinded Me With Science, Walking On The Moon, Bohemian Rhapsody and Iron Man.

Shatner said Cleopatra Records in Los Angeles approached him about a year ago to do recitations on an album. It wasn’t a stretch: after all, Shatner had already done this type of thing before, first with his much-lampooned 1968 album The Transformed Man, and then with 2004’s Has Been.

“I ultimately presented them with this and they were a little hesitant at first and then they got behind it,” said the Montreal-born star, who’s won two Emmy Awards and a Golden Globe.

THE CANADIAN PRESS

Bad boy Gigandet

Twilight and Trespass star Cam Gigandet delights in playing the villain because he doesn't know how to play by the rules

Mr. Nice Guy he's not.

If anything, 29-year-old actor Cam Gigandet has cultivated quite a reputation for playing bad guys, and he prefers it that way.

The star of Twilight and Priest makes his next appearance with Trespass, a home-invasion thriller that pits his character and two other accomplices against a rich couple (played by Nicole Kidman and Nicholas Cage) whose house they hope to rob for millions.

Gigandet explained why playing the bad guy is so satisfying for him.

In this film, as in many others, you end up playing the bad guy. Why do you always get these parts?

I enjoy it the most. I think there just seems to be more to grab onto, I guess.

You can use your imagination a little bit more — whereas if they're a good guy or heroes, they have to abide by a strict set of rules and to this day I haven't been able to figure out how to work around those.

Maybe just because I don't know how to do it. There seems to be more creativity and imagination involved in justifying what they do.

And yeah, that's what people hire me for, so I'll take what I can get.

What are the key differences from playing, say, an evil vampire in Twilight and a desperate robber in Trespass?

I prefer Trespass and I had a good time on Twilight. We were all so new and young to the experience. Even our director at the time [Catherine Hardwicke] was new to directing, so it was a little haphazard how we shot.

And having 12 young actors, trying to corral everyone (was tough).

A lot of the time was spent doing that, whereas on Trespass, before we even started shooting, there were two or three weeks where we literally rehearsed every single day. To be able to do that is any actor's dream.

While rehearsing, did anyone have their own stories about having their house robbed?

Everyone would share their stories, just while we were rehearsing, and when you talk to everyone, surprisingly a lot of people have had this happen. Even — not that this is a normal one — but I think Nicolas Cage had someone end up in his bedroom when he was sleeping and they were naked or had a popsicle.

I haven't gotten to that place yet, but I think I'm protected enough with my mace and baseball bat.

Is your co-star Nicolas Cage as crazy as everyone says he is?

Yes and yes. I'll be honest. I was warned before working with him by a few people that he's very difficult and crazy and this and that and he is crazy but in such a good way.

I don't know if it's crazy so much as quirkiness.

He's just out there and outgoing and funnier than I could've imagined. I think he's a little misunderstood.

He definitely has a good sense of humour — an odd one, but a good one.

METRO

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▶ In Trespass, Cam Gigandet plays a robber who hopes to cash in on the riches of a wealthy couple, played by Nicole Kidman and Nicolas Cage.

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HANDOUT

▶ Nicolas Cage is disappointed that his new film, Trespass, is being released for home viewing at the same time it hits theatres.

Cage laments lack of screen time

Nicolas Cage may be happy he got to work with Nicole Kidman and reunite with director Joel Schumacher on his new thriller Trespass. Yet Cage isn't thrilled that viewers will be able to watch the movie at home the same day it opens in a handful of theatres.

The story of a family terrorized by home intruders, Trespass debuts Friday for a limited theatrical run in New York City, Los Angeles, Chicago and seven other major markets.

It will be available at the same time for home viewing through video on demand.

The DVD and Blu-ray release follow barely two weeks later on Nov. 1, compared with a typical window of about four months between the time most Hollywood films open in theatres and debut on home video.

It's a business decision that will help Trespass distributor Millennium Entertainment, an independent outfit that does not have the big marketing bucks of a Hollywood studio, make the most of its advertising dollars.

Cage understands that, but he wishes the movie could have a separate life on the big-screen before it goes to smaller television and computer screens — or even tiny cellphone screens.

"I like movies to be seen the way the director wanted them to be seen, which is on the big-screen, with an audience, with their popcorn," Cage said in an interview alongside Schumacher at September's Toronto International Film Festival, where Trespass premiered.

Smaller distributors such as Magnolia Pictures and IFC Films often release films to theatres and video on demand around the same time.

With Academy Award winners Cage and Kidman, along with director Schumacher (Batman Forever, A Time to Kill), Trespass arguably is the biggest test yet for simultaneous big-screen and home releases.

THE ASSOCIATED PRESS

Ashton's fling comes forward with her story

Woman says she spent Kutcher's wedding anniversary with him in a hot tub Claims they had sex and indulged in political pillow talk

PHOTOS: GETTY IMAGES

▶ Ashton Kutcher was cavorting naked in a hot tub with two women on his wedding anniversary night according to one of the women.

Sara Leal, the San Diego woman who claims she was with Ashton Kutcher on the night of his sixth wedding anniversary, is breaking her silence.

"He just came up and kissed me," Leal tells Us Weekly of her introduction to Kutcher, who she claims had told her he was separated from Demi Moore.

Leal details a late night cavorting naked in a hot tub with Kutcher and one other woman before the pair retired to Kutcher's bedroom in the early morning. "He lost his towel and I took my robe off," Leal says. "Then we had sex." And apparently Kutcher's pillow talk got political, as Leal says he quizzed her on "up-and-coming candidates," she remembers.

"I said Rick Perry. He asked if I'd vote for him. I said I didn't know and he laughed."

METRO

▶ Angelina Jolie was in Libya this week.

Angie visits Libya for UN

Though she usually can't make a move without paparazzi knowing it, Angelina Jolie made a secret trip to Libya this week, according to Reuters. "I have come to Libya for a variety of reasons, to see a country in transition at every level," Jolie said. "I will be meeting with officials from all sides, but above all listening to the local people in the street. I am here to express solidarity with them."

The actress visited the country under her role as an ambassador for the United Nations refugee agency, UNHCR.

METRO

Celebrity tweets

@aplusk

"@mrskutcher good luck tonight! you should be proud."

@ladygaga

"Just landed in London! Judas playing on Radio 1 the minute I turn it on! Thank u!! Missed the UK."

@billmaher

"Is there anything stupider in the whole world than newspaper cartoons of recently dead famous people meeting god in heaven?"

@SarahKSilverman

"I feel like there's not enough music in the streets lately."

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Your front row look at Fashion Month

Four cities, three weather systems, 308+ runway shows and countless cups of Diet Coke later, the spring/summer 2012 shows are finally over We look back at the standout trends and most overdone looks from New York, London, Milan and Paris

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Sweet and pretty

Just when you were beginning to get used to the idea of fall's kinky fetish wear, the fashion pendulum swung the completely opposite way for spring. Chanel, Louis Vuitton, Valentino and Givenchy are just a few houses that turned out the kinds of feminine, universally appealing dresses that both your mother and homegirl would approve of. Think: shimmery, ethereal dresses that resembled oyster shells and lace frocks the colour of lemon drops.

Tough and sporty

The spring summer collections will hit stores in February, just as preview coverage of the 2012 Olympics is getting underway. That's five whole months before you get sick of all talk about The Games. So it's no wonder that designers such as Alexander Wang, Stella McCartney, Nicole Farhi and Team MaxMara showed athletic-inspired collections complete with perforated leather, high-performance knits and enough mesh to outfit

GETTY
▶ Gucci

an entire BMX team.

The mid-century revisited

Lately, the fashion weeks have been unfolding like a game of guess the decade. Last season was all about the '60s. The season before that, the '70s. And this time around, Prada, Jil Sander, Rochas and Dries van Noten were just a few that conjured up prim, '50s glamour. But it's a slightly different take on the decade from the whole Mad Men look that was so popular two years ago. It's a little bit Happy Days, a little bit Hitchcock. Prada's stiff, greaser jackets, Sander's crisp poplin dresses and Rochas's full skirts made a strong case for a polished, coolly calculated approach to dressing that simply doesn't exist in this day where most women try very hard to look like they didn't put any effort into their appearance at all.

Flaptastic

The '50s wasn't the only decade to make a comeback for spring. Ralph Lauren, Marc Jacobs, Etro and Gucci all served up fantastical flapper collections with one key element that is sure to trickle its way down to the H&Ms and Zaras of the world: the dropped-waist dress.

Back to Africa

The use of African prints for spring/summer collections is hardly new. But this season, the trend seemed to reach a tipping point with Burberry Prorsum, Donna Karan, Michael Kors and Alberta Ferretti, among a long list of others, all showing prints that were inspired by the continent in some shape or form.

GETTY
▶ Louis Vuitton

GETTY
▶ Prada

GETTY
▶ Burberry Prorsum

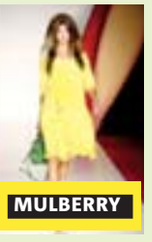
GETTY
▶ Alexander Wang

3 life

The colour of the season

OD'ING ON YELLOW

Maybe there was a yellow special at the fabric fairs last year. How else to explain the canary overload this spring? METRO



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Enter rooms with a bang!

THE KIT

BY CHANTEL SIMMONS

Get the best bangs for your buck with these expert tips from Kit Expert Greg May, owner of Greg May Hair Architects.

I really want bangs, but my stylist says they won't look good on me because I have a low forehead and cowlick. Any tips for getting the right bangs that I'll love forever — or at least for fall?

Never say never (like Bieber)! Some bangs — I call it a fringe — look better on certain face shapes and hair lines. If you have a lower forehead, a fringe isn't your best look, because it can cut your face and can be hard to work with, since you don't have enough space to get the brush under the hair. Cowlicks and widow's peaks can also be challenging, but it's always possible to achieve a modified fringe. Once you've made the cut, make your priority after getting out of the shower drying your fringe before doing anything else (the rest of your hair, makeup, etc.). Brush hair one way and then the other, which can help loosen the cowlick and make hair lay flat.

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Microtrend alert

HATS GONE (TOO) WILD

What was up with all the ridiculously large headgear this season? Models need to see too!

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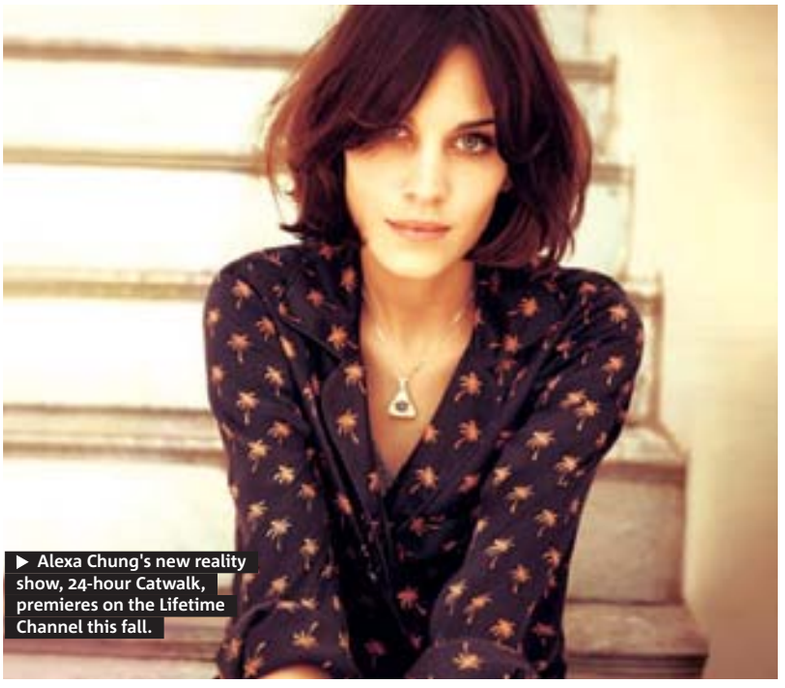
Chung is an English rose with a few thorns

Fashion multi-hyphenate Alexa Chung chats about trend-busting, the influence of boys and the ever-changing meaning of the 'it-girl'

ROMINA MCGUINNESS
LIFE@METRONEWS.CA



Alexa Chung's new reality show, 24-hour Catwalk, premieres on the Lifetime Channel this fall.

Alexa Chung is someone who has become famous for how she looks more so than her day job as a television personality. She's got a unique thing going — a tomboyish schoolgirl pluckiness that miraculously manages to look chic and modern, rather than childlike. Not every woman can pull off a Peter Pan collar, knee socks and loafers, but that won't stop hundreds of thousands from trying. The 28-year-old gives Kate Moss a run for her money as the British export women most want to dress like.

How do you feel about the 'It-girl' label?
At the beginning I was uncomfortable with it. I guess it's my British way of being wary of celebration as it ultimately precedes a fall. Before, the it-girl scene meant people like Paris Hilton. But not anymore. Now, it's a different vibe. People like Diane Kruger, Elle Fanning and myself. I like to think we wear clothes in an interesting way, and not necessarily have the emphasis on sex. It's pretty cool.

How do you approach design for the Madewell collection?

I'm designing for myself, rather selfishly. I don't have a vested interest to make a line that is commercially viable. They're all clothes that you can chuck on. A lot of my girlfriends are in bands, so I thought about clothes that would look good on the tour bus, on stage and if they stopped for gas at the petrol station.

A look from Alexa Chung's collection for Madewell.

People are always dissecting your style in magazines and on blogs. But how would you describe it?
I appreciate classic design, it's classic for a reason — a shirt and blazer is practical, comfortable and never looks dated. Carven is a brand that very much does what I love, a mix of strict mistress and schoolgirl. It's not overtly sexy and when you wear it you feel attractive. I'm more inspired by what men wear, people like Keith Richards, Bryan Jones and the Beatles. If I wear a girlie party dress, I prefer wearing it with a briefcase and brogues, though I'm a bit bored of that right now. I sometimes wish I'd been a boy. The more I think about it, the more I think my tomboy side is what I use to assert the fact that I'm not a push over. I guess I'd call it modern power dressing.

How much time do you spend thinking about what to wear each day?
The key is I don't spend time getting ready in the morning but I do put a lot of thought into the things I buy. If you know what your style really is, it doesn't matter how you assemble things, you can just mix and match and it will always look nice.

You split your time between New York and London. What are the biggest differences, in terms of fashion, between the two cities?
People in England are less afraid to take risks and don't necessarily follow trends but instigate them naturally. The British have this eccentric, enchanting and mad heritage. In New York it's more mixed and tamed. In England, people indulge in this madness. In the States, people would be like, 'Oh my gosh, what is she wearing!'

You have been a model, a TV presenter and a designer. Which role do you feel most comfortable with?
Before I was on TV I went to art school and if I hadn't become a TV presenter I would have done design of some sort. It's more my scene and what I'm most comfortable doing. TV is not something I'm naturally good at whereas when I'm sitting sketching in the Madewell office, it feels natural and easy. In the U.K. everyone is saying, 'Alexa is concentrating on her TV career' but it's not that. I need the money. I'm like everyone else, TV is my job.

Off-runway favourites

Unusually warm weather meant that Fashion Month showgoers got to pull their summer colours back out METRO

GIIA, TONICS

▶Anne-Catherine Frey, Paris

MICHELLE BOBB-PARRIS

▶ Eliza Doolittle, London

GIIA, TONICS

▶ Viviana Volpicella, Milan

GIIA, TONICS

▶ Giovanna Battaglia, Milan

KARL-EDWIN GUERRE

▶ Shiona Turini, New York

KARL EDWIN-GUERRE

▶ Leandra Medine, New York

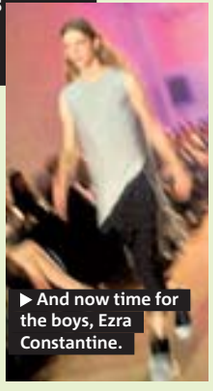
Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Love the edgy cuts, masterful draping, and sleek ease of @gretconstantine. These guys REALLY know how to do it!!! Hooray for BRAVE fashion!

▶ Easy jersey pieces draped to perfection.

- **@Jeanne_Beker:** Warm colour pops the opening of @gretconstantine
- **@Jeanne_Beker:** Sleek gowns dictate a modern vibe @gret-constantine
- **@Jeanne_Beker:** Edgy black comes on strong @gretconstantine



▶ And now time for the boys, Ezra Constantine.

- **@Jeanne_Beker:** SO much eclecticism on Spring runways. Fashion direction is all over the map. Who else thinks "TRENDS" may soon be things of the past?
- **@trend_stigator:** Interesting obs! I think the trend will continue to be a movement towards creating individual style, and not being a follower.
- **@Jeanne _Beker:** Certainly hope so! People just have to be BRAVE!

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Shedding a little light

Lighting basics for the key rooms in your home

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

As daylight gets shorter and shorter, I notice that the first thing I do when I come home is go around turning on all the lights.

Good lighting not only helps brighten up a space, but also highlights the special features of each room.

Every room needs three types of lighting: overall, task and ambient. Here's a room-by-room checklist of the lighting needed to keep things looking bright for the darker months ahead.

POTTERY BARN

▶ Museum track light

Living room: The right types of light can make a room either relax or come to life with energy. I like to fill dark corners in this room with recess lighting that is discretely hidden in the ceiling. You can also use upright-style floor lamp or small lights that shoot light upwards.

The task lighting in a living room is primarily for reading. A small-scale elbowed metal floor lamp is perfect for directing light where you need it.

Keep these sorts of floor lamps on each side of a sofa and beside your favourite reading chair.

Ambient lighting adds sparkle to a room and helps to balance other strong light sources in a room. Go for 15-watt candlestick-style lamps or use picture lights hung over your art work.

POTTERY BARN.

▶ Chandeliers are a lovely ambient and overall light source for dining rooms.

Kitchen: This room needs to have great light to work with. Overhead lighting is key and can come in the form of recessed (pot) lighting, or a flushmount light fixture. Under cupboard lighting is probably the most needed, yet most forgotten type of lighting for a kitchen.

It keeps your counter and stovetop areas illuminated for chopping, washing dishes and other kitchen counter tasks. Simple to install, an electrician taps into an electrical source and wires small puck-shaped light fixtures under the upper cabinets.

Dining room: This room should evoke pure ambience. Bright overhead lighting is good to have on hand, but a dimmer switch will definitely be your best friend when planning lighting in this room.

The chandelier will be your main source of light. Make sure that the wattages of chandelier bulbs add up to at least 60 to 80 watts to help create a strong illumination.

The bottom of a chandelier should hang 32 to 40 inches above the table.

Other ambient lighting could be wall sconces or picture lights that help wash a subtle light over the side walls in the room. Finally, the ultimate ambient light will be candles.

Let your pad shine

Adding plug-in timers on a variety of lamps around your home will not only keep minimal illumination, but will add a sense of security to your place.

Wattage amounts: overhead 60-100 watts, task lighting 40-60 watts, ambient less than 25 watts.

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Hello!
I have a down-filled comforter that clearly states "Dry Clean Only". Is there any way I can avoid the dry cleaners to have this cleaned and do it myself?
Signed,
Laundry Lady

Dear Laundry Lady,

The good news is that yes, you can wash a down-filled duvet.

However, there are some very specific steps that you must follow to ensure success.

ISTOCK IMAGES

1. Only ever wash it in a front loading washing machine; never a top loader as the agitator in a top loading washer will damage the down duvet.

2. Use 1/4 the amount of soap, because soap is very difficult to remove from this kind of garment.

You can always wash a second time and add more soap if needed.

3. When you put the duvet in the dryer you will need some tennis balls in a sock — these will bounce around to help break up the feather clumps within the duvet

4. Do not use the auto dry feature on the dryer, instead use the timer and leave the duvet in for a long time, as the feathers take time to dry.

You may think the duvet is dry to the touch but remember the feathers!

I have left my duvet in the dryer for easily an hour and sometimes even an hour and a half.

There is nothing nicer than clean laundered items, and a duvet is something, with the right equipment and soap, you can easily do yourself.

GOT A QUESTION? SEND AN EMAIL TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Why air your laundry?

Get your clothes off the floor once and for all
Laundry hampers can be decorative and useful

When we were young, "laundry hamper" might have referred to the floor under the bed.

A little later, it may have meant a mesh sack kept by the front door, with a pouch full of quarters for the laundromat.

IKEA/THE ASSOCIATED PRESS

▶ Ikea's Lillangen laundry hamper.

But we are grown-ups now. An attractive receptacle for the day's castoffs is one of the small civilized gifts we give ourselves.

It's generally a modest investment that banishes the chaos, and brings in the calm that is the hallmark of a well-kept home.

For contemporary bath or bedroom suites, consider Bed, Bath & Beyond's sophisticated black faux leather hamper with removable basket, or West Elm's sleek white lacquered cylindrical hamper. (bedbathandbeyond.com, $79.99; westelm.com, $99)

Hampton Bay has a beautiful tilt-door double hamper that's really a piece of furniture; it would work as a vanity as well, and comes in white or hazel wood finish. (homedecorators.com, $209)

A nice willow hamper from Seville has a hinged lid, and comes in white or natural. (bedbathandbeyond.com, $39.99)

Seville also makes a professional-looking three-bag rack on a sturdy metal frame, complete with telescoping hanging rack and locking wheels. (sevilleclassics.com, $59.99)

Ikea has the Lillangen tall-boy cabinet with portholes for laundry, perfect for a tight narrow space.

The Fyllen basket in fire-engine red turns laundry gathering into a colourful exercise. (ikea.com, Lillangen, $119-$134; Fyllen, $7.99)

For the nursery, Southern California designer Nina Selby has a sweet aqua-and-lemon-striped hamper for her Cotton Tale label. (justforbabies.net, $54.95)

THE ASSOCIATED PRESS

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DIY IDEAS

With more forethought, Adam might not have bitten the apple and I might not have planted apple trees. But he did, and I did, and we each must deal with the consequences.

For my part, I hadn't realized that apple trees had so many pest and disease problems until I planted 25 dwarfs.

Sure, those problems can be fought with repeated sprays of pesticides. But with a little research and planning, an acceptable crop of high quality apples can be harvested using little or no pesticide.

Insect thugs

The three major insect pests for apples are the apple maggot, plum curculio and codling moth. Apple maggots are the worst of the lot, dimpling fruits and riddling them with brown trails of burrowing larvae.

Given free rein, they make almost every fruit too damaged to eat.

Thankfully, the apple maggot has an Achilles heel. When this insect emerges as a fly about six weeks after the trees have bloomed, the females search around for the biggest, reddest apples in which to lay eggs.

Ms. Maggot can be hoodwinked with fake apples: red spheres coated with a sticky material called Tangletrap.

Or with sacrificial real apples: Buy the firmest, reddest Red Delicious you can find, force a stiff wire through the core to hang the apple, and coat the fruit with Tangletrap.

(Traps of real apples eventually rot, so usually need to be replaced once or twice a season.)

One trap per dwarf tree, hung at head height in clear view, or four traps per full-size apple tree, should provide an irresistible enticement to the egg-laying apple maggot.

Plum curculio, which is active during the six weeks immediately following bloom, can cause fruit to drop early. The traditional way to thwart it, effective if done diligently, is to spread an old sheet or dropcloth beneath each tree each morning, then give the tree or branches a sharp whack with a padded mallet.

Curculios drop from the tree and play dead, at which point they can be gathered up and destroyed. Letting chickens forage beneath apple trees also offers some control.

Spraying is another way to control curculio, but instead of the usual chemical pesticide sprays, use a spray derived from nothing more than kaolin clay.

The material, marketed under the name Surround, leaves a white coating on the fruit. Build up a good, powdery base with three sprays just before trees bloom, then spray every seven to 10 days, or after heavy rains.

The clay spray also thwarts codling moth, with its signature big, fat worm.

This pest is active for much of the season, but even unchecked, affects only 25 per cent of fruits.

Disease

The three worst diseases afflicting apple trees are fire blight, cedar-apple rust and scab. Certain pesticides control cedar apple rust, but spraying must begin before blossoms open.

Although apple insects have cosmopolitan tastes, disease organisms are finicky. Another way to control diseases is to plant a disease-resistant variety.

LEE REICH/THE ASSOCIATED PRESS

LEE REICH/THE ASSOCIATED PRESS

▶ Here's half of an apple with a codling moth inside of it in New Paltz, N.Y.

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Pear dessert with the season

Add the fruit to this sweet ending for a touch of fall ◗ Creamy Pear Pie shakes up a classic

This traditional pie crust plays host to thinly sliced Bosc or Bartlett pears and a custard-like filling, flavoured with hints of sweet almond.

Preparation:

1. Preheat oven to 200 C (400 F). In a large bowl, toss pears with sugar, flour and lemon zest and juice. Reserve 250 ml (1 cup) of pear mixture and set aside.
2. In a small bowl, combine sour cream with vanilla and almond extracts. Add to pear mixture and mix to coat. Pour into pie shell and top with reserved pears in a fan pattern.
3. Topping: In bowl, combine flour, butter and brown sugar until crumbly. Sprinkle over pears.
4. Place the pie in a preheated oven and bake for 10 minutes. Reduce heat to 180 C (350 F) and bake for another 45 minutes or until pears are tender.

THE ASSOCIATED PRESS/ ONTARIO TENDER FRUIT PRODUCERS

Ingredients:

- 1 l (4 cups) sliced, peeled Bosc or Bartlett pears
- 75 ml (1/3 cup) sugar
- 30 ml (2 tbsp) all-purpose flour
- Zest of 1 lemon
- Juice of 1/2 lemon
- 250 ml (1 cup) sour cream
- 2 ml (1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) almond extract
- 1 unbaked pastry shell (23 cm/9 inch)

Topping

- 50 ml (1/4 cup) all-purpose flour
- 30 ml (2 tbsp) butter, melted
- 30 ml (2 tbsp) brown sugar

THE CANADIAN PRESS H/O

▶ Serves six to eight.

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4 sports

Whitecaps

Long Tan's first Major League Soccer goal gave the Vancouver Whitecaps a 2-1 victory over D.C. United yesterday. The Whitecaps posted their second straight victory.

THE CANADIAN PRESS

Canucks can't come back

Vancouver unable to inflict first defeat of the season on the new-look Flyers

5	4
FLYERS	CANUCKS

BRUCE BENNETT/GETTY IMAGES

▶ Jaromir Jagr, right, and Chris Pronger celebrate Pronger's power play goal.

One Flyers fan in a lively tailgate scene shouted what a demoralized Philadelphia fan base was feeling.

"Come on Flyers, you're our only hope!"

When it comes to championships in a city defined this month by heartbreak, he might be right.

Claude Giroux, Chris Pronger and the rest of the Flyers gave their fans a morale boost, remaining undefeated with a 5-4 victory over the Vancouver Canucks last night.

Andrej Meszaros scored the go-ahead goal in the third period, and James van Riemsdyk and Jakub Voracek also scored for the Flyers in their home opener. Goalie Ilya Bryzgalov won his third straight start and 10 players had a point against the defending Western Conference champions.

The Flyers have already beat both teams in last year's Stanley Cup finals and the early returns on a major off-season overhaul are promising.

"The guys seem to fit into what we want to play right away and that's huge," van Riemsdyk said.

The Flyers have been a needed bright spot in a city suffering through a major sports hangover because of the Phillies' unexpected elimination in the NL division series and the Eagles' miserable 1-4 start that has coach Andy Reid under fire.

The Flyers delivered in front of nearly 20,000 fans badly needing a reason to cheer. All the new faces shone in their first real game. Voracek, Jaromir Jagr and first-round draft pick Sean Couturier all had points.

The most valuable off-season acquisition was Bryzgalov, who gives the Flyers their first star No. 1 goalie in ages. Bryzgalov stopped all 20 shots Saturday in a 3-0 win over New Jersey for Philadelphia's first shutout since April 6, 2010. He was shaky against Vancouver, as 3-1 and 4-2 leads were sliced to one before he allowed Daniel Sedin to beat him for the tying goal early in the third.

Meszaros wasted no time putting the Flyers back in front, this time for good, rushing the ice and snapping a wrister past Roberto Luongo 59 seconds later for the winner.

Bryzgalov held off the Canucks and stopped 36 shots.

Mikael Samuelsson, Henrik Sedin and Chris Higgins scored goals for Vancouver.

"We want to be playing our best game right now, we're not happy with the way things are going," Canucks defenceman Kevin Bieksa said. "We are good enough to play a full 60 minutes. We are not doing that. When we do play, you see what happens out there."

The fans were ready to go wild and saved their loudest cheers for Pronger, in his first home game as captain, and forward Wayne Simmonds. Simmonds was involved in two pre-season dust-ups — a man threw a banana at him and he had an altercation with Sean Avery — and the fans showed their appreciation for one of the newest Flyers with a huge ovation.

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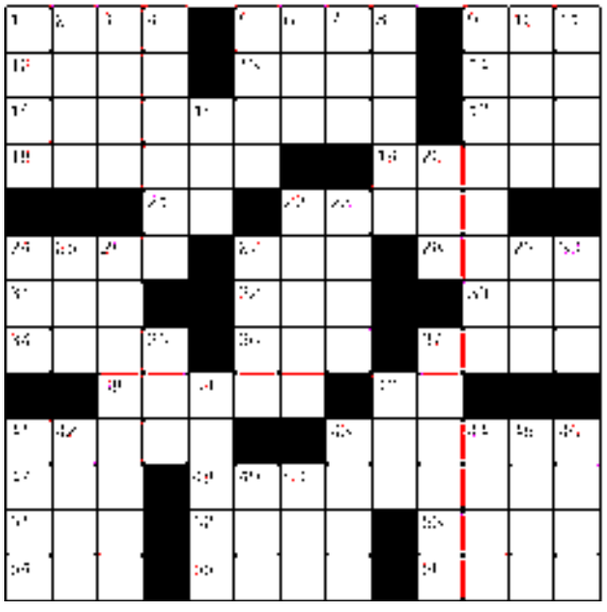
Crossword



Across

1 Navigator's stack
5 Deck in the ring
9 Upper surface
12 Oil cartel
13 Leading man?
14 "Hail, Caesar!"
15 Pianist's ticker
17 Barbie's companion
18 Agreement
19 No stay-at-homes
21 Lindbergh book
22 Plot mathematically
24 Back talk
27 Greet the villain
28 Grant's —
31 Thickness
32 Once around the track
33 Long March leader
34 Yin counterpart
36 Salt Lake athlete
37 Titanic's destroyer
38 Knighted women
40 "Monopoly" square
41 Increase in troop levels
43 Antenna
47 Yoko of music
48 Houston sports venue
51 Poorly lit
52 Squad
53 Rams' fans?
54 Chowed down
55 Stitches
56 Carry on

Down

1 NYC cultural centre
2 "Planet of the —"
3 Household critters
4 Threaded nails
5 Philosopher Immanuel
6 Big bother
7 Sweet potato
8 Last letter
9 After-taxes
10 Finished
11 Nerd-pack contents
16 Indivisible
20 Choose (for)
22 "The Men Who Stare at —"
23 Lasso
24 Agent
25 In the manner of
26 Stockholm —
27 Sad
29 Scratch
30 Cranberry territory
35 Joke
37 Edge
39 Butcher's wares
40 Earth (Pref.)
41 Pop
42 Troop group
43 Weaponry
44 Midwest state
45 "So be it"
46 For fear that
49 Witness
50 Playing marble

▶ Yesterday's answer

Sudoku

		5	4			9	6	
8						5		1
	3			9				8
	5				6	3		
			2		8			
		7	1				9	
4				1			5	
1		8						9
	9	6			3	2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lye, Things seem fading away I admit it. But I have JandLye etched in stone, and no matter how much wind blows our way we'll remain together, forever and a day. I know you feel the same way I just want to let you and the whole world know I love you. **J**

thatgirlfromthestore, Hey, just wanna send a kiss to you, miss you each day I don't see you. **BUDDYBOI**

Kutti, You can't be my boy, you r the 50 yrs old guy(ha-ha). My hero never compare me with others (smile), he knows I feel jealous :) who r u? **WONDER WOMAN**

canny71, "If I could reach up and hold a star for every time you've made me smile, the entire evening sky would be in the palm of my hand." ~author unknown~ **KACKE**

Today 13°/7° Variable
Friday 13°/7° Partly cloudy
The Weather Network Download WeatherEye to your smartphone.
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you put yourself out for friends and colleagues today, the more you will benefit.

♉ Taurus April 21-May 21 Try not to get so close to something you are working on that you lose your sense of perspective.

♊ Gemini May 22-June 21 Get busy working on a creative project that will benefit not only you but other people as well.

♋ Cancer June 22-July 22 Someone you love will demand more independence today, if you are smart you will give it to them.

♌ Leo July 23-Aug.23 If you use your social skills wisely today, you will make friends with people who can help transform your life.

♍ Virgo Aug. 24- Sept. 22 Any barriers you encounter today are there for a reason, so don't moan that fate is being unkind.

♎ Libra Sept. 23-Oct. 23 Today's Sun-Saturn union will remind you how important it is not to get carried away. Think before you act.

♏ Scorpio Oct. 24-Nov. 22 There are things in your life that have been holding you back from your full potential. Get rid of them.

♐ Sagittarius Nov. 23-Dec. 21 It's good that you are ambitious but you also need to stay on good terms with people who can help.

♑ Capricorn Dec. 22-Jan. 20 The most important thing today is that you guard your independence and your right to be different.

♒ Aquarius Jan. 21-Feb. 18 A Sun-Saturn link will bring a challenge. You'll handle it with ease. It will be a confidence booster.

♓ Pisces Feb. 19-March 20. You have backed yourself into a corner from which it won't be easy to escape. **SALLY BROMPTON**

Caption contest

JEFF MCINTOSH/THE CANADIAN PRESS

ALEXANDER F. YUAN/THE ASSOCIATED PRESS

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